



Arlington Youth Health and Safety Coalition (AYHSC)

Minutes – March 21, 2013

5:30pm-7:00pm

Whittemore Robbins House

670 Mass Ave.

- I. Welcome:** Rebecca Wolfe, Cindy Starks, Kathy Hirsch, Ethel Doyle, Carlene Newell, John Scheft, Ned Walsh, Judith Carroll, Joe Curro, Natasha Waden, Lynn Horgan, Cindy Sheridan Curran, Jack Flood, Colleen Leger
- II. One on One Reflections:** Coalition members have continued reaching out to community members to “take the pulse” of the community. These “one on ones” offer a chance to stay abreast of community member needs, concerns, observations and attitudes. Colleen emphasized the importance of keeping these conversations informal and as brief as desired.
- *Format for capturing future One on Ones:* Colleen passed out a one-page template and asked if members would capture information exchanged by filling out the short form. Colleen suggested a point person be designated to receive community updates each month. This way, one person could provide an overview at our meetings that is a summary of one-on-one conversations. Cindy Starks offered to be the initial coordinator of member submission. *Please submit One on One summaries to Cindy at monthly meetings, or via email at cindy.starks@verizon.net.*
 - *Summary of recent conversations:* Members shared several community interactions that took place during sporting events, through casual conversations and observations, and on the Arlington list. Conversations revisited concerns raised last meeting regarding youth gatherings, underage drinking and other potentially risky behaviors occurring on the Arlington/Lexington border (“llama’s”). Lexington and Arlington law enforcement have been alerted, and there have been strategies proposed to address this situation, including sending out the PACE team. Coalition members also suggested increasing signage around this particular area. During a one on one conversation, a parent expressed the opinion that Arlington youth are not worse off than any other community, and that there are not enough dances. However, school officials noted that while the most recent Freshmen/Sophomore Semi-formal was a success, the majority of the 200 student participants were Freshmen (few Sophomores attended). Members reported hearing favorable opinions regarding Principal Villano’s efforts to provide boundaries and consistency re: school and dance policies.
- III. Youth Advisors:**
- *Update on Teen Advisors:* Lynn thanked Karen Dillon for recruiting eight AHS students who will represent their peers as Youth Advisors on the Coalition. In the past, AYHSC has worked with AHS students through SADD, CADD class social norms campaigns, and the school based Youth Council. Youth Advisors will be encouraged to represent the youth voice on the Coalition, and to participate in community outreach and assessment, prevention planning and program implementation. They will be awarded community service hours for their participation.
 - *Planning for roles and responsibilities:* Colleen asked for member suggestions on how the Coalition can prepare for youth attendance, as well as ways youth can contribute to the Coalition. Members offered:
 - Coalition Education: Who we are, what we do, our role in community as it relates to youth

- Clarify Meeting Format: Confidentiality, information sharing with intent to promote healthy youth and community behaviors
- Youth Contributions: Identify youth perceptions, interests, and needs related to prevention, and help support the Coalition in addressing these. Get involved in peer outreach, STATS such as social norms campaign, programming related to transitions (middle to high school to college)
- Promote benefits of involvement: community service, training opportunities, resume enhancement, and other incentives.

IV. **Tobacco Regulation**

- *Presentation on proposed BOH Tobacco Control regulations:* Natasha Waden, Health Compliance Officer provided an overview of two sets of proposed draft regulations the Arlington Board of Health is developing. 1st- Restricts sale and distribution of tobacco products and nicotine delivery products. The definitions of nicotine delivery products (E cigarette, smokeless cigarette) will also change. 2nd- Prohibits smoking in work and public places.

A public hearing will take place on this proposal at 5:30pm on 4/3/13 at the Senior Center.

Following the public hearing, the Board of Health Board members will review proposals and potentially vote on measures. See Town website for press release:

http://www.town.arlington.ma.us/public_documents/ArlingtonMA_Health/tobacco/Tobacco%20Regulations.PDF. Members discussed the idea of AHS students from Club 84 attending a Board of Health meeting/hearing.

Summary of Regulations: Proposal to raise the minimum age to buy cigarettes and other tobacco products from 18 to 21 years of age. This will occur in a step up progression beginning July 1, 2013, when the minimum age of purchase will increase to 19 years of age (20 in 2014 and 21 in 2015). Increasing the age of purchase is not pre-empted by state law, and similar regulations were passed in Needham in 2003. Additional proposed measures include: prohibiting the sale of cigarettes at pharmacies and other health care institutions, mandatory retailer training, prohibiting the sale of “blunt wraps,” and banning all commercial roll-your-own cigarette machines. Coalition members discussed these measures, and Joe proposed exploring Board of Selectmen options to sanction liquor license holders if they violate tobacco sales regulations. This will be investigated further. Tobacco offenses: 1st-\$100 fine/7 day suspension, 2nd -\$200 fine/14 suspension, 3rd \$300/30day suspension.

V. **Other Updates**

- *Presentation to Youth Sports Organizations:* Cindy Curran reported that she spoke at a recent Field Users Group meeting offered by the Arlington Recreation Department. The purpose of this meeting was to educate the leaders of various groups (Soccer, Little League, Arlington Catholic etc.) on the Coalition, current prevention initiatives, and efforts to reach parents (and other adults) involved in youth athletics. Cindy also stressed the importance of adults modeling safe, legal and responsible alcohol consumption for youth in the community. Cindy felt the meeting went well, and that the messages were supported. Next steps: creating a letter (re: prevention concerns, strategies and resources) for Coaches to send to members of their organization. John Scheft offered to draft a letter and obtain feedback as needed. Additionally, efforts are in motion to address school Sports Banquets and alcohol use. The Athletic Director and the Superintendent want parents to know that alcohol will not be allowed at school events like this.

- *Sector Outreach Updates:* Lynn summarized her outreach to members of the Faith and Media sectors, including meeting with Susan Stewart, Youth Coordinator of Calvary Church and Walter Locke, Community Outreach Coordinator of Arlington Community Media (ACMI).
Calvary Church: Susan provided education on the many ways they are interacting and servicing the needs of youth in Arlington and discussed ways Calvary and AYHSC might collaborate around parenting programs like Guiding Good Choices and Navigating the Teen Years. Lynn provided flyers for Susan to distribute to parishioners.

ACMI: Walter and Jeff Munro-Studio Manager expressed interest in working with the Coalition and encouraged members to take advantage of the multitude of services they have to offer the Arlington community. These include: community bulletin board slides, PSAs, and training workshops on creating a video newsletter. An example of this might be demonstrating methods of proper medication disposal. ACMI Youth Coordinator, Dan Black recently worked with AHS students to produce 6 PSAs on topics important to their peer, including texting while driving, bullying, and drug use. This is an area to consider for youth member involvement.

- *Medical Marijuana-Highlights from MHOA educational meeting:* Coalition members, Colleen, Cindy and Natasha attended the Massachusetts Health Officers Association (MHOA) educational meeting on 3/21/13. This presentation “The MA Medical Marijuana Law-What We Know, What We Don’t Know, Local Strategies” provided current DPH updates, regulations, local education and strategies to consider. The presenters indicated that DPH will issue its draft regulations on their website on Friday, 3/29/13. These can be found at: <http://www.mass.gov/eohhs/docs/dph/legal/med-marijuana/med-marijuana-propose-reg.pdf>. Public comment period is open until ~4/19/13.

Update on proposed medical marijuana bylaws and local warrant articles.

- 1) Attorney General disapproved Wakefield ban, but approved Burlington ‘s moratorium.
- 2) Arlington submitted two warrant articles: one proposing zoning regulations on medical marijuana dispensaries, and the other proposing a moratorium on dispensaries until Town Meeting dissolves in 2014. The second will allow the Town more time to develop reasonable local regulations related to the operation of dispensaries.

- Parent Survey- This survey is now closed. There were 627 responses and 507 of these completed all questions. A STAT group will be created to sort, analyze and determine what to do with the data. Colleen invited interested members to contact her if interested. There survey is available for review but not to be shared at this time.

- DFC Grant Application: Colleen reported this application was submitted on 3/19/13. Decisions will be made in late August. The Action Plan included in the application reflected recent Coalition discussions, recommendations and preliminary efforts.

- Other Updates:

VI. Upcoming Trainings & Events

3/28/13	MassTAPP Social Media: Current Trends, Best Practice and Maximizing Your Message and Impact	Waltham 9:30am- 11:30am	Regional Prevention Meeting- https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/shared/default_template_simple/event_registration.html?sc-o-id=1333415417& charset =utf-8
3/28/13	MassTapp Innovative Coalitions, Youth Involvement and Ways to Address Health Improvement and Substance Use Prevention With a Broad Lens	Worcester 1:00pm- 3:00pm	Regional Prevention Meeting- https://events-na1.adobeconnect.com/content/connect/c1/1002235226/en/events/event/shared/default_template_simple/event_registration.html?sc-o-id=1333364251& charset =utf-8
5/2/13	Secure XV- Understanding and Preventing Adolescent Substance Abuse	Westford 8:30am- 2:00pm	Training- http://middlesexpartnershipsfor youth.com/events/story.php?event=42

VII. Meeting Adjournment

- Next Coalition Meeting- April 11th, 2013 (Note time change: **4:30-6:00PM**)